

Potato Soup

Potato soup is a winter time favorite and once a staple of people with few other resources. It can be plain and simple. Or add a variety of vegetables and meats to make a full meal. Gluten free mushroom soup will thicken it up to the correct consistency. For people with mushroom allergies, add a little cornstarch to thicken the soup instead. Boiled with ham or bacon bits, and a side of cornbread, this would be a delicious meal. Potatoes can be boiled with, or without, the skin on. Gluten free crackers can also be used in place of cornbread.

Pre Cook Preparation:

- A. Timer set for preparation time set for 15 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Milk (lactose)
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Milk
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 8 quart stockpot

Ingredients:**Meat:**

- 1/2 cup of bacon bits, or
- 1/2 cup of diced ham

Vegetables:

- 5 large baking potatoes (diced or sliced)
- 1/4 cup chopped celery
- 1/2 cup mushrooms

Optional:

- 6 ounces of sliced carrots
- 6 ounces of peas

Other ingredients:

- 1 tablespoon of butter
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste
- Optional:**
 - 1/4 cup of milk, as desired (lactose free)
 - Almond, or
 - Soy

Preparation time: 10 minutes

Preparation:**1. Wash and slice or dice:**

- 1/4 cup celery
- 1/2 cup mushrooms
- 5 baking potatoes
- No need to peel the skin off
- Optional:**
 - 6 ounces of sliced carrots

Dice:

- 1/2 cup of bacon bits or
- 1/2 cup of ham

2. Add to the 8 quart stockpot:

- 1/2 cup of bacon bits, or
- 1/2 cup of diced ham
- 1 tablespoon of butter
- 1/4 cup chopped celery
- 1/2 cup mushrooms
- Mushroom soup (gluten free)
- 5 large baking potatoes (diced or sliced)
- Dash of salt
- Spices, such as pepper, to taste
- Enough water to cover potatoes and nearly fill pan

Optional:

6 ounces of sliced carrots

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

6 ounces of peas.

3. Heat to a boil.

4. Reduce to a simmer, stirring every 10 minutes until soft.

5. Add additional butter, or lactose free milk as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.